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LIGHTNING STRIKES



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UNITED STATES DIVISION – CENTER

FEBRUARY 7, 2011



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**USD-C BIDS
ALOHA TO
LEADER
WHO MADE A
DIFFERENCE**

Leota leaves mark of professionalism on 25th Inf. Div.

Story and photo by
Sgt. Jesus J. Aranda
25th Inf. Div., USD-C

BAGHDAD—Since the 25th Infantry Division first deployed in support of Operations Iraqi Freedom and Enduring Freedom in 2004, many units have been activated and deactivated, many missions have been conducted from combat operations to humanitarian aid and many faces have come and gone, but one constant during this time has been the presence of a prominent senior leader within the “Tropic Lightning” Division.

For nearly seven years, Command Sgt. Maj. Frank M. Leota has served as the senior enlisted adviser to the commanders within the division, as a mentor to the senior noncommissioned officers of his unit and as a leader to Soldiers.

Leota formally passed these responsibilities, and his duties as the command sergeant major of United States Division – Center during a relinquishment of authority ceremony Feb. 2 at Camp Liberty, Iraq, before an audience of peers, friends and well-wishers.

“(Command Sgt. Maj.) Leota reflects the heart and soul of the Tropic Lightning Division,” said Maj. Gen. Bernard S. Champoux, commanding general of the 25th Infantry Division, USD-C. “He demands excellence from himself and oth-



Command Sgt. Maj. Frank M. Leota (left), outgoing command sergeant major of the 25th Infantry Division, United States Division Center, is awarded the Legion of Merit by Maj. Gen. Bernard S. Champoux, commanding general of the 25th Inf. Div. Feb. 2, for his service to the division spanning seven years and four deployments during a ceremony at Camp Liberty, Iraq.

ers. He inspired and developed our junior leaders—NCOs and officers alike. He demonstrated to our Soldiers that the values that we hold are the foundation and fiber of this division. These values, grounded in ethics, standards and discipline, are a reflection of who we are as a division.”

Leota said it's because of these values—demonstrated by 25th Inf. Div. Soldiers—that he was so successful as a senior leader.

“When you have a unit that has good discipline and enforces standards, you're going to have a good unit and that makes my job easier,” he said.

Leota also credits the professionalism of Tropic Lightning Soldiers for the wide-spectrum successes in Iraq.

“Our Soldiers and leaders know more about foreign relations, government, power generation, refinement of raw products, irrigation, infrastructure and base closure

than anyone should truly need to know,” Leota said. “This is who we are as professionals.”

Champoux said Leota's supervision of the professional development of the division's NCOs was a chief reason why the NCO corps is as strong as it is within the 25th Inf. Div.

“The NCOs of this division set the example for our Iraqi partners to follow and (Command Sgt. Maj.) Leota has led the way,” Champoux said. “Standing here today under Operation New Dawn is the legacy that (Command Sgt. Maj.) Leota helped build, and this legacy continues to this day.”

Leota hands over the responsibilities of division command sergeant major to Sgt. Maj. David E. Armour, the interim command sergeant major, and leaves Iraq for his new duty assignment as the command sergeant major of U.S. Army Pacific.

The 25th Inf. Div. also prepares for a major transition as U.S. forces are set to withdraw from Iraq by December.

Leota said while the road ahead is sure to present challenges, he has no doubt as to the professionalism and abilities of the Tropic Lightning Soldiers he is leaving behind.

“I wish all of you the best of luck. Stay focused as you continue this mission and continue to train and prepare for the day you may be called upon,” he said. “Stay safe, and God speed in your return.”

SARC Smarts



What is the SAPR program?

The sexual assault prevention and response, or SAPR, program was designed by the Department of Defense to put in place a means of eliminating incidents of sexual assault through awareness. Its main focus centers on training and the prevention of sexual assault in the military. The program provides training and awareness to Soldiers about how to prevent the possibility of becoming a victim.

Call the USD-C deployed sexual assault response coordinator at 847-2342 or 847-2345 for help, or seek assistance with your unit victim advocate or D-SARC.



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Commanding General
Maj. Gen. Bernard S. Champoux

Command Sergeant Major
Command Sgt. Maj. Frank M. Leota

Public Affairs Officer
Lt. Col. Sean Wilson

196th MPAD Commander,
Command Information Chief
Maj. Marshall K. Jackson

196th MPAD First Sergeant,
Command Information Supervisor
1st Sgt. Steve Toth

Managing Editor,
Layout & Design Editor
Staff Sgt. Randall P. Carey

25th Infantry Division Public Affairs Office; 196th Mobile Public Affairs Detachment; 2nd Advise and Assist Brigade, 1st Infantry Division Public Affairs Office; 4th Advise and Assist Brigade, 3rd Infantry Division, Public Affairs Office; 116th Garrison Command Public Affairs Office



CONTRIBUTORS

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WHY I STAYED ARMY



THERE ARE GOING TO BE TOUGH TIMES, BUT HANG IN THERE

BY SGT. MAJ. MICHAEL G. WRIGHT, G6 SERGEANT MAJOR, 25TH INF. DIV., USD-C



My story begins like this. In 1982, I was in college, not doing much of anything but partying. A friend of mine named David asked me to give him a ride to the Air Force recruiting station to take the Armed Services Vocational Aptitude Battery. When we arrived at the station, we found out the test would take a couple of hours. I decided to take the test instead of burning up my gas going back and picking him up afterwards. We received our test scores immedi-

ately following the ASVAB. David didn't score high enough to qualify for the job he wanted in the Air Force so we walked back to the car in the pouring rain.

As we were leaving, an Army recruiter ran up and knocked on my window and said he could get us into the military. My reply was "I don't want to go in no damn Army." He said, "Just give me a few minutes of your time and I can find something for you." So we went inside.

His first question was, "What would you like to do if I could persuade you to join the Army?" I said electronics. The recruiter said OK and left the room for 20 minutes. Apparently he had gone to the Air Force recruiter to get our test scores. When he returned, he said "I can get you a job as a multichannel communications equipment operator; MOS, 31M."

"First of all, what is an MOS?" I said. "Second, what does that long word mean?"

He said it was just like working with Southern Bell and working with telephones. "I can get you both in on the buddy plan where you can go to basic

training and (advanced individual training) together." We both took a few days to think about it. Feb. 22, 1982 was supposed to be our report date, but at the last minute, David backed out. I decided to go along anyway—alone. That was one of the best decisions I've ever made.

My first duty station was Fort Stewart, Ga. I was a 20-year-old private and to make matters worse, that was the average age of most specialists and sergeants. I thought I knew everything and did not want to do what my supervisors said. It was when I made E-4 and was selected to attend PLDC (Primary Leadership Development Course) that my military life changed.

Between PLDC and the leadership of my noncommissioned officers, I was truly taught the meaning of the acronym for the Army Values; LDRSHIP—loyalty, duty, respect, selfless service, honor, integrity and personal courage. That's when I decided to reenlist for the first of many times to come.

Through all the ups and downs, I made rank fairly quick. From team chief to squad leader, section chief, platoon sergeant, network controller, se-

nior chief instructor and first sergeant. I thought I was on my way to the top, making rank quickly, but then I got stuck being an E-8 for almost 8 years. Every year the selection board would come and go and I still did not make it. I thought I did everything possible to make the next rank but it did not happen. I kept my head up and kept driving on, hung in there and finally, in 2006, I made sergeant major. That shows you, with hard work and dedication you can make it.

I am a Tropic Lightning Soldier! This is my fourth deployment with the 25th Infantry Division starting with Operation Enduring Freedom in 2004-2005; Operation Enduring Freedom again in 2006-2007; and currently Operation Iraqi Freedom/Operation New Dawn in 2009-2011.

Throughout my career I've had the pleasure of meeting and working with some of the best people in the world. I've also had the pleasure of traveling around the world. My dream was to become a professional athlete, but now, I am proud to say I am a professional Soldier. 🇺🇸

THE SLOGAN MADE ME DO IT

BY SGT. MAJ. JOHNNY E. HORNE, G4 SERGEANT MAJOR, 25TH INF. DIV., USD-C

Why did I join the military and why have I served more than 20 years? That's a great question and as cliché as the title of this article may sound, it's true. And it's true for many reasons.

I've always had big dreams of traveling the world and being somebody. I came from the generation of "Be all that you can be." That was the Army's slogan when I was growing up. It was the recruiting slogan for more than 20 years—from 1980 to 2001. There was something about that slogan that connected with me. Even as I write my story and say those words, "Be all that you can be," I can't help but reflect on my teenage years and hum the melody that was associated with all the old Army commercials. In fact, if I hum this melody around a lot of "old heads," they, too, will start to hum it. The slogan was infectious to me. It allowed me to project myself into the future I sought.

I grew up in a small town called Ozark, Ala., which is right outside the gates of Fort Rucker. I grew up in a household of 11 people. Yep, you heard

me right ... 11. I have four brothers and four sisters, of which I'm the third eldest. We all had these big dreams of doing something with our lives, but I didn't realize until I was about 11 that my dreams included doing something somewhere else. My siblings used to laugh at me as I would get excited when the old "Be all that you can be" commercials came on. I used to tell them, "look, that's me parachuting," "that's me driving that truck," or "that's me shooting that gun." I was so driven by these commercials, I remember my mom, on many of occasions, telling my siblings to leave me alone. She would reinforce my dreams by saying, "you can be all that you want to be."

That inspiration led to me joining the Junior Reserve Officers Training Corps as a freshman in high school. I loved it. I served in JROTC through all four of my high school years.

We learned how to march and how to sing cadence. They introduced teamwork, order and discipline and shared many inspirational stories that I was

able to relate to. They talked about the world they traveled, the education they obtained, the money they saved and the fun they had.

They did "keep it real" by telling us about the serious side also. Things like "act like an adult and be treated like an adult" or "act like a child and be treated like a child." They gave many examples of their own personal growing pains. I began instantly to look forward to those Thursdays when we would put on our JROTC uniforms and wear them to school. That was a feeling that was difficult to describe back then, but I felt a sense of pride. I felt like I was in the preliminary stages of my dream-making.

What followed was more than 20 years of me still "being all that I can be," or in other words, JROTC on steroids. From my first duty station in Korea to my 11th duty station in Hawaii, I've met wonderful people—Soldiers—that have become lifelong friends. I've had great leaders that have become brothers and sisters to me. I've traveled to too many places to name, earned a master's de-



gree and managed to save a few dollars along the way.

It is because of the Army that my childhood dreams of "being all that I can be" are being accomplished. I love being a Soldier; I always knew I would. Now I pay it forward to the next generation. I give all that I was given to our future leaders. ARMY STRONG! 🇺🇸

USD-C Soldiers work with ISF to clean up Anbar province

Story and photo by
Staff Sgt. Tanya Thomas
4th AAB, 3rd Inf. Div., USD-C

CAMP RAMADI, Iraq—Since July, U.S. Soldiers in Al Anbar, Iraq, have been advising, training and assisting their Iraqi Security Forces counterparts in an effort to help eliminate terrorism in the area and ensure a more secure, stable and sovereign Iraq. Leaders from the combined forces met Jan. 25 at Camp Ramadi, Iraq, to discuss combating one of Iraq's biggest threats—improvised explosive devices.

The meeting—a counter-IED working group that invites Iraqi Police and Iraqi Army leaders who specialize in criminal investigation and evidence collection, explosive ordnance disposal and intelligence—has become a monthly event. Originally an American-led initiative, the working group has transformed into a venue for the elements of the ISF to work together to achieve their overall goals.

“The ISF are taking the lead here,” said Lt. Col. George Lewis, commander of Brigade Special Troops Battalion, 4th Advise and Assist Brigade, 3rd Infantry Division, United States Division – Center.

Lewis said the IP and IA leaders have graduated from listening to the American Soldiers, who once facilitated the meeting, to now openly discussing issues like targeting terrorists and attacking the network amongst them-

selves.

“We are seeing considerable progress from our perspective,” Lewis said.

Maj. Todd Booth, executive officer of BSTB, 4th AAB, 3rd Inf. Div., said he's impressed with the improvements of his ISF counterparts.

“What we have seen is the Iraqis' willingness to take the lead to discuss the issues they were having and work to try and resolve them,” he said. “One of our critical tasks for the way ahead is to get the Iraqi Police and the Iraqi Army talking and working together. I think we've been successful in doing that and building relationships since July.

“Ultimately these relationships and communications we've built through this meeting will assist with carrying that task through, so that as we leave Iraq, the Iraqi Police and Iraqi Army know each other and can work together without any U.S. facilitation,” Booth said.

Iraqi Police Colonel Sa'ad Mohamed, commander of the Al Anbar Criminal Investigation Department, said attending these working groups is very beneficial to their mission.

“These kinds of meetings are very important to me,” Sa'ad said. “Through these kinds of meetings, everybody—the police and the army—will know what their duties are for this fight against terrorist threats. Actually, every meeting there has been some development. It's a slow process, but we've progressed with each meeting.”



Lt. Col. Andrew Decker (right), Anbar operations officer and stability transition team member with 4th Advise and Assist Brigade, 3rd Infantry Division, United States Division Center, meets with a leader of the 7th Iraqi Army Division Jan. 25 during a combined counter-improvised explosive device working group session at Camp Ramadi, Iraq. Soldiers with 4th AAB, 3rd Inf. Div. meet with members of the Anbar-area Iraqi Police and Iraqi Army on a monthly basis to discuss methods of combating threats in the province.

Sa'ad said though there are differences between the police and the army, they both share common ground—their willingness to defeat the enemy.

“We are all passionate about our work, and will do anything, even put ourselves in harm's way, or even die to help eliminate the terror in our community,” he said.

Booth said witnessing the ISF take

charge of their situation has given him a sense of satisfaction.

“We're on the way out (of Iraq), but we still have the capability to influence and assist the Government of Iraq and the agencies underneath them to interact,” he said. “If you're proactive, you can find ways to assist and help them to continue to improve right up until we walk out the door.”

Dagger leaders build ties with 6th Iraqi Army Div NCOs

Story and photo by
2nd Lt. Jared Viernes
2nd AAB, 1st Inf. Div., USD-C

BAGHDAD—Building and maintaining ties between Iraqi Security Forces and United States forces is one of the most central objectives of 2nd Advise and Assist Brigade, 1st Infantry Division, United States

Division – Center.

As a result, the majority of the missions undertaken by Company B “Bounty Hunters,” 1st Battalion, 63rd Armor Regiment, 2nd AAB, are designed to facilitate the development of a good working relationship between Iraqi Army and U.S. Soldiers at every level.

First Sgt. Paul Nwoga, first sergeant of Company B, 1st Bn., 63rd Armor Regt., 2nd

AAB and a Philadelphia native, has worked to develop a strong relationship with Command Sgt. Maj. Satar Shaway Qassem, command sergeant major of the 6th Iraqi Army Division.

Nwoga regularly attends meetings in order to assist in training and development of the Iraqi Soldiers. At these meetings, Nwoga and Qassem discuss how U.S. Soldiers can assist in the training of Iraqi the

Iraqi Army.

“Newer troops seeing the U.S. and Iraqi Soldiers working together builds a good impression on the incoming troops,” Qassem said.

So far, the Bounty Hunters have assisted in providing combat lifesaver, sensitive site exploitation, map reading and personal security detachment training, with more planned for the future, Nwoga said.

Iraqi Soldiers have also received M-16 rifles and will get marksmanship and maintenance instruction from Company B, 1st Bn., 63rd Armor Regt., 2nd AAB, 1st Inf. Div.

“Our goal is to teach these Soldiers well enough for them to then teach themselves,” Nwoga said. “We are training the trainers. The ability of these Iraqi Soldiers to educate other Soldiers creates a multiplying effect of the initial training provided by U.S. forces.”

One of the overarching goals of Company B, 1st Bn., 63rd Armor Regt., 2nd AAB, 1st Inf. Div. under Operation New Dawn is to ensure Iraq has a self-sustainable military and government, with Iraqi Soldiers able to teach and transfer knowledge even down to the lowest levels.

The close relationship between Nwoga and Qassem is an example of how Soldiers of Company B, 1st Bn., 63rd Armor Regt., 2nd AAB will be able to accomplish their mission to advise, train and assist the Iraqi Security Forces.



Command Sgt. Maj. Satar Shaway Qassem (left), command sergeant major of the 6th Iraqi Army Division, shares a meal Jan. 6 with 1st Sgt. Paul Nwoga, first sergeant of Company B, 1st Battalion, 63rd Armor Regiment, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division Center and a Philadelphia native.

USD-C MPs, Federal Police give back

Story and photo by

Sgt. Joseph Weichel

2nd AAB, 1st Inf. Div., USD-C

BAGHDAD—Soldiers with the 94th Military Police Company, Special Troops Battalion, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division – Center inherited the Rusafa Police Advisory Team mission in July 2010 when they arrived in Iraq.

The RPAT engages in numerous events to support the Iraqi Federal Police and recently has been working to give back to the Iraqi community. One of the most recent events involved handing out clothes, hygiene items and toys to the families of fallen FP officers.

“Giving to the families and showing them Americans care (about) their well-being, makes my job worth it and provides the families with sense of hope,” said Sgt. Nathan Buckley, a squad leader with 94th MP Co., STB, 2nd AAB and a Townsend, Mass., native.

Another event the RPAT partici-

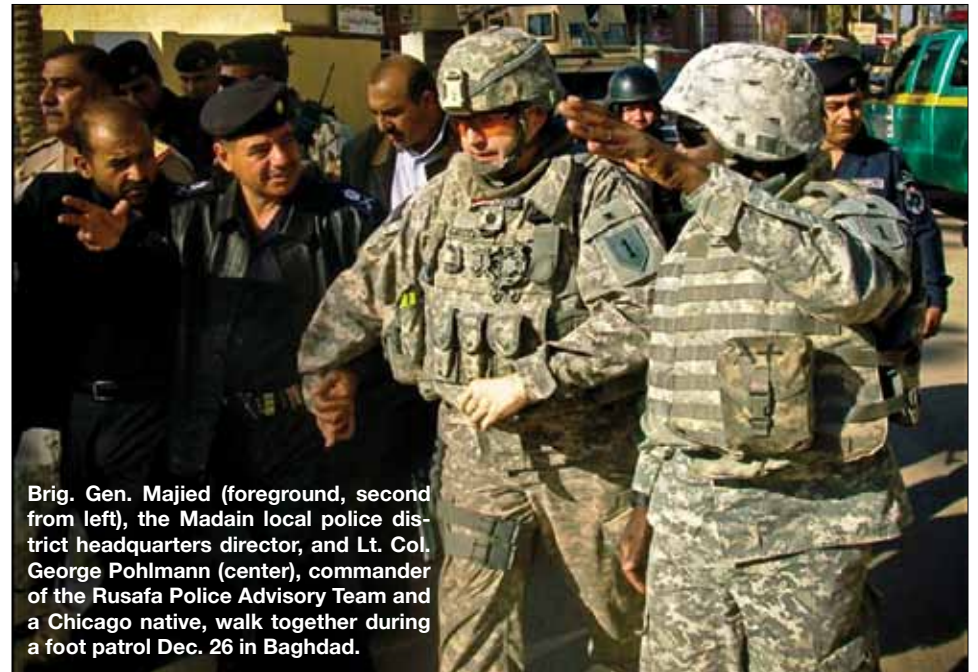
pated in was a parade in the streets of downtown Baghdad, during which IFP and U.S. Soldiers marched together, showing support for the IFP and the Iraqi people.

“This is something that we want to do to help the communities understand that we are here for them, but also to show our presence in the Bagh-

Giving to the families and showing them Americans care (about) their well-being, makes my job worth it.

dad area,” said 1st Lt. Robin Lewis, executive officer with the RPAT and a Farmington, N.H., native.

Lt. Col. George Pohlmann, commander of the RPAT and a Chicago native, said the RPAT is working hand-in-hand with the IFP to increase training and improve their capabilities to sustain Iraq’s legal system.



Brig. Gen. Majied (foreground, second from left), the Madain local police district headquarters director, and Lt. Col. George Pohlmann (center), commander of the Rusafa Police Advisory Team and a Chicago native, walk together during a foot patrol Dec. 26 in Baghdad.

The RPAT also coordinated a weapons qualification for the IFP to familiarize them with their weapons and to train them on the principles of how to run a weapons qualification range.

In addition, the RPAT worked with local investigators to train them how to investigate a crime scene properly.

“We are making vast progress through our hard work and continuing efforts to help the Iraqi Police through training, weapons qualifications and public support,” Pohlmann said. “I hope that (the fruits of) our efforts continue well beyond our short time here.”

Vanguard Soldiers give back in Muhammadi

Story and photo by

Matthew Burrell

4th AAB, 3rd Inf. Div., USD-C

MUHAMMADI, Iraq—Soldiers with 3rd Battalion, 7th Infantry Regiment, 4th Advise and Assist Brigade, 3rd Infantry Division, United States Division – Center facilitated the delivery of 80 desks to students of the Athathib School last month in Muhammadi, Iraq.

The delivery was in conjunction with the Commanders’ Small Scale Projects fund during Operation New Dawn. The CSSP, a subset of the Commanders’ Emergency Response Program, offers more flexibility than its predecessor, which can take up to three weeks to be approved.

The humanitarian purchases must follow the same rules as CERP projects, but allow the battalion to react to civil vulnerabilities that could affect the overall security in the area. It provides timely and effective means of reaching out to the local populace.

While Company B, 3rd Bn., 7th Inf. Regt. provided the funding and logistical support for the mission, the Iraqis provided everything else, including security at the school. “The Iraqis have done a good job providing security at these sites,” said 1st Lt. Hertier Diakabam, a platoon leader with Company B. “The humanitarian aid helps out the populace a lot.”

Diakabam said Company B facilitates about two CSSP humanitarian aid drops per month. Local schools and government centers that have been identified for



Desks are lined up Jan. 5 in front of the Athathib School, during a humanitarian aid mission conducted by members of the Iraqi Security Forces and Soldiers with the 3rd Battalion, 7th Infantry Regiment, 4th Advise and Assist Brigade, 3rd Infantry Division, United States Division – Center. The desks were provided through the Commanders’ Small Scale Projects fund, a subset of the Commanders’ Emergency Response Program.

need are the recipients of the aid. In most cases, the aid comes in the form of food provisions.

The last drop, to the Women’s Association of Hit in late December, highlighted the progress the Iraqi Security Forces have made when planning and executing humanitarian aid. They delivered sewing machines to the Women’s Association, and residents of the city were allowed to come in and use the machines to repair

blankets and clothes.

Staff Sgt. Stephen Couto, effects non-commissioned officer with Company B, 3rd Bn., 7th Inf. Regt., said he supports about 10-15 projects per month and, by now, the Iraqis have things well under control.

As the U.S. military presence draws down in Iraq, it is important that the Iraqis take a larger role in the execution of humanitarian aid missions like the CSSP.

So far, the Iraqis are doing exactly that.

Capt. Devin Hammond, commander of Company B, 3rd Bn., 7th Inf. Regt., whose first tour to Iraq was in 2005, said he has seen the kind of growth the Iraqis have undergone firsthand. Not so long ago, the roles were reversed.

“During my first tour, we provided security for the ISF on these (humanitarian aid) drops,” he said. “Now, the ISF looks out for us.”

got progress?



ZAIDON MILK FACTORY OPENS FOR BUSINESS, BRINGS OPPORTUNITY TO ABU GHRAIB

STORY BY **SGT. MICHAEL CARDEN**, 196TH MPAD, 25TH INF. DIV., USD-C

A technician takes samples of fresh milk Jan. 20 to test for quality at the newly-opened Zaidon Milk Collection Facility in Abu Ghraib, Iraq.



U.S. Army photo by Sgt. Michael Carden, 196th MPAD 25th Inf. Div., USD-C

BAGHDAD—Iraqi farmers and sheiks gathered in celebration with Soldiers from United States Division-Center Jan. 20 at the opening of a brand new milk collection facility in the Zaidon neighborhood of Abu Ghraib, Iraq.

The ribbon cutting at the facility marks a renewal of the area's dairy industry, said Lt. Col. David Volkman, civil affairs planning chief with United States Division – Center and a Maineville, Ohio, native.

"This is a very important hub," Volkman said. "There are approximately 30,000 cows within a 20-kilometer radius, so there's an awful lot of raw milk produced here every day."

The new facility is built on the site of an older one that had stood since the 1970s, but was de-

stroyed in 2005, said Ahmed Saaed, the general director for the Zaidon Milk Collection Facility. The new facility was built as part of an effort to help the local farmers, and at the same time serve Iraqi citizens, he said.

"This is a dairy region where people have, for generations, raised cows and produced milk," Volkman said. "Having this here allows them to reinvigorate something that's suffered for the last few years. The families of Zaidon want the same thing I want back in Maineville, Ohio. I want my kids to have a better life, I want to provide for my Family. This helps them achieve some of that."

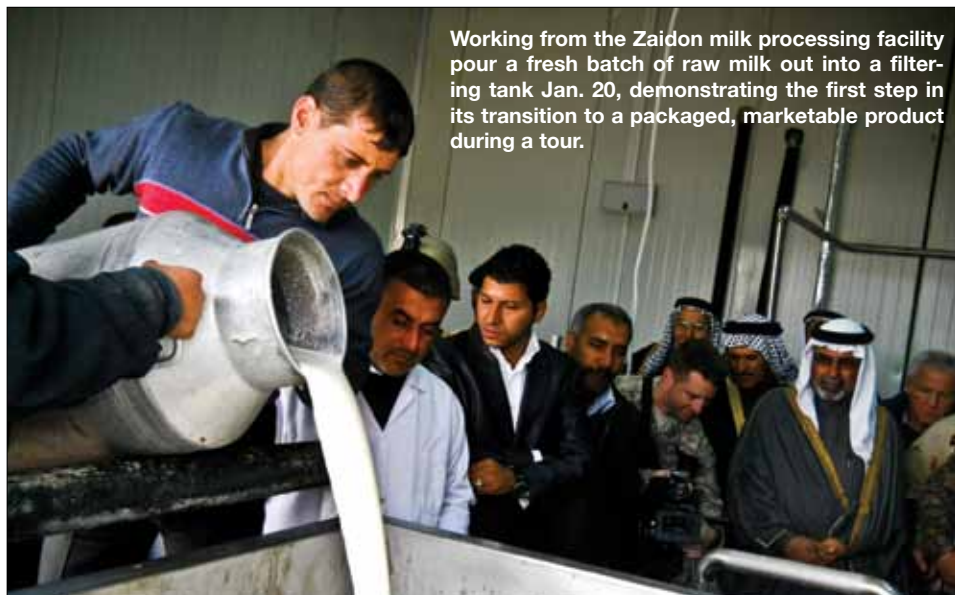
The rebuilt facility will serve as a central collection point in the region for the purchase of raw milk directly from the local dairy farmers, who, for many

years, were unable to keep their milk fresh before it could be taken to market. The new facility will enable the efficient processing, storage and transportation of fresh milk.

"The fresh milk from the farmers is tested on site for quality and safety, before being filtered, heated and then cooled," Saaed said. "Then it can be stored until it is transported to a larger processing facility, where it can be made into yogurt, cheese and a variety of other dairy products."

The facility was designed by Iraqi engineers with cooperation and support from the Provincial Reconstruction Team-Baghdad. It was built by local Iraqi laborers in coordination with the State Company for Dairy, the state-owned enterprise of the Ministry of Industry and Minerals. 🇮🇶

Working from the Zaidon milk processing facility pour a fresh batch of raw milk out into a filtering tank Jan. 20, demonstrating the first step in its transition to a packaged, marketable product during a tour.



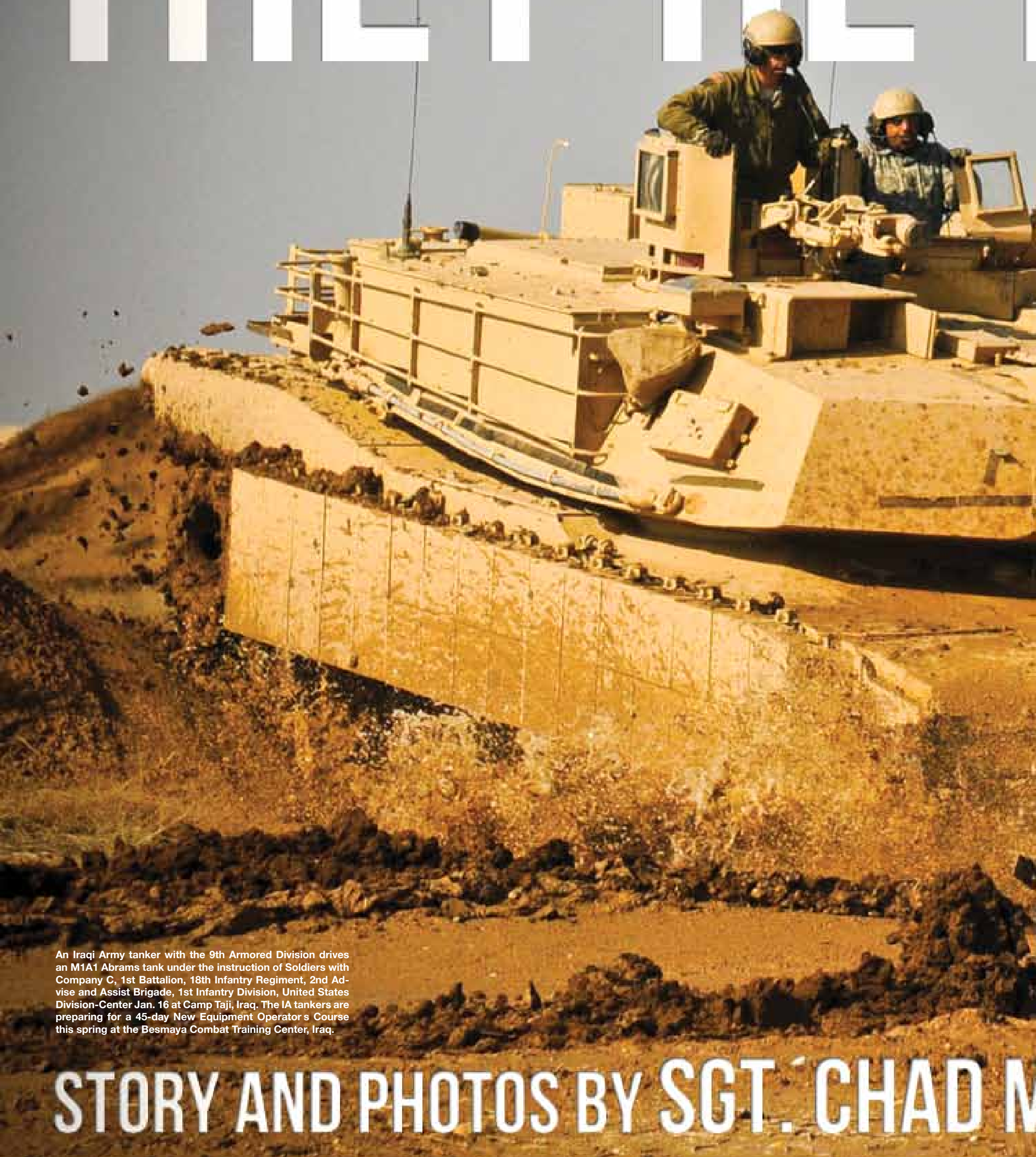
U.S. Army photo by Staff Sgt. Justin Phemister, 2nd AAB, 1st Inf. Div., USD-C

People gather Jan. 20 to celebrate the opening of the Zaidon milk processing facility by sharing a traditional feast.



U.S. Army photo by Staff Sgt. Justin Phemister, 2nd AAB, 1st Inf. Div., USD-C

THEY'RE



An Iraqi Army tanker with the 9th Armored Division drives an M1A1 Abrams tank under the instruction of Soldiers with Company C, 1st Battalion, 18th Infantry Regiment, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division-Center Jan. 16 at Camp Taji, Iraq. The IA tankers are preparing for a 45-day New Equipment Operator's Course this spring at the Besmaya Combat Training Center, Iraq.

STORY AND PHOTOS BY SGT. CHAD N

TRACKING



MENEGAY, 196TH MPAD, 25TH INF. DIV., USD-C

IRAQI ARMY TANKER

An Iraqi Army tanker with the 9th Armored Division drives an M1A1 Abrams tank under the instruction of Soldiers with Company C, 1st Battalion, 18th Infantry Regiment, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division-Center Jan. 16 at Camp Taji, Iraq. The IA tankers are preparing for a 45-day New Equipment Operator's Course this spring at the Besmaya Combat Training Center, Iraq.



BAGHDAD—Soldiers with Company C, 1st Battalion, 18th Infantry Regiment, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division-Center, worked with Iraqi Army 9th Armored Division Soldiers during M1A1 Abrams tank drivers training Jan. 15-16 at Camp Taji, Iraq.

“We focus on driving M1A1s to drive Iraq forward into the future and for the betterment of the people of Iraq,” said Iraq

Army Soldier Anwar Hakim Khidher Al-Janabi, a tank commander with the 9th Armd. Div., out of Camp Taji.

All 140 M1A1s that the Government of Iraq has purchased from the U.S. are to be issued to the 9th Armd. Div. in monthly installments by the end of 2011, following a transitioning process at Contingency Operating Site Hammer, Iraq.

The 9th Armd. Div. tankers will attend a 45-day New

Equipment Operator's Course (OPNET) this spring at the Besmaya Combat Training Center, Iraq.

The OPNET curriculum will lead Iraqi Army tankers through everything the Soldiers need to do as a crewman and crew in order to operate the tank effectively, starting with basic tank safety and ending with crew gunnery exercises,” said Sgt. 1st Class Philemon Jones, a platoon sergeant and master





S FEAR IT UP AT TAJI

gunner with Company C, 1st Bn., 18th Inf. Regt. and an Arkport, N.Y., native.

Armor crewmen with Company C, 1st Bn., 18th Inf. Regt. are training the Iraqis on individual tasks in preparation for OPNET.

“The training will allow them to have a base of information, so (at OPNET) they can concentrate on the crew tasks

instead of the individual tasks,” Jones said.

The M1A1s will give Iraqis confidence in their equipment, precision in their engagements, pride and a new level of prestige, he said.

“(Now) they’re on the same level as other countries and can defend themselves against internal threats as well as external threats,” Jones said.

The M1A1s will help the current situation and control terrorist activities, said Iraqi Army Jundi Hazim Swadi Jaber, a tank loader with the 9th Armd. Div.

“We will move forward, ahead of neighboring countries, in our technology; we’ll have an advantage,” Hazim said. “I’m proud, because I’m learning a new tank with technology that will help to fight the terrorists.” ♥

WHAT MAKES



LT. COL. TOM ECCLES
USD-C DIVISION SURGEON

myFAMILY

My family makes me strong. When I was younger, my parents encouraged me to work hard, learn from mistakes and find value in being part of something larger than myself. Now I’m fortunate enough to have a fantastic wife and three kids who give my life meaning. They provide emotional support. They tolerate my “good ideas,” military moves and other ambitions. Most importantly, they provide a reason for me to try to be a good role model. If I want to raise humble, compassionate and productive kids, I must try to be that way myself.

CAPT. VICTORIA STARKS
CHIEF, ADMINISTRATIVE LAW

myFAMILY & theARMY



My family, the Army and fellow Soldiers make me strong. My family provides me the unconditional love and support I need to make it through any challenge, succeed at any goal I set for myself and live my dreams ... no matter how crazy. The Army makes me strong by providing an opportunity to do what I love—practice law while serving our nation alongside Soldiers who sacrifice so much to protect our freedom and way of life. Those soldiers are the ones who give me the strength I need to make it through each day while away from my loved ones.

ME STRONG

CAPT. JESSICA CASTILLO

G1

myPRAYERS

My prayer life is my source of strength. When I pray, I thank God for all of the many blessings in my life, no matter how big or small. I share with God my disappointments, my struggles, and my trials and he gives me the strength, the patience, and the compassion to move through the day. When I fail, God helps me find the strength to try again. Knowing that I am able to have such a direct connection with the divine helps me to feel stronger.



MASTER SGT. DOUGLAS RENDLES

USD-C G6 FREQUENCY NONCOMMISSIONED OFFICER

myBIBLE

"For we do not have a High priest which cannot be touched by the feelings of our infirmities." Heb. 4:15

When we come against difficulties that cause us pain, He is there with us. Our obstacles may be great, but my God is greater. My Bible makes me recognize that I have more weapons than just my M-4. My strengths make me identify who I am in Christ (the one who strengthens me, Phil 4:13) My weaknesses make me appreciate the strengths of others. My love for the Army makes me strong, Army Strong—but my faith makes me stronger. My Soldiers make me realize that I'm not fighting by myself. My love for my wife and children (4) makes me realize that I'm not just fighting for me. My confidence makes me understand that battles are not just won in foxholes, but sometimes on your knees in prayer. My peace makes me realize that I can have tranquility in a combat Zone.



USD-C medical personnel pass trauma care skills to Iraqi doctors

Story and photos by Staff Sgt. **Tanya Thomas**, 4th AAB, 3rd Inf. Div., USD-C

CAMP

ALI, Iraq—Dr. Ahmed Abdul Aziz and his staff treat about 400 patients per day at the Al Ramadi General Hospital.

“Some patients come in for an illness, but most are trauma victims,” he said.

Faced with a shortage of medical equipment, and therefore a high mortality rate, Aziz and about 20 Iraqi doctors learned alternative methods to treat their patients—and ultimately help save lives—Jan. 26-27 during a training course taught by United States Division – Center medical personnel at Camp Ali, Iraq.

“They care about their pa-

Capt. Joseph Roarty (right), a surgeon with 4th Advise and Assist Brigade, 3rd Infantry Division, United States Division Center, teaches Iraqi doctors methods to treat trauma patients Jan. 26 during a course at Camp Ali, Iraq.



tients, but they just couldn't take care of them with the lack of equipment,” said Capt. Amy Rezak, trauma surgeon with the 402nd Forward Surgical Team, 4th Advise and Assist Brigade,

3rd Infantry Division, USD-C and a Boston native. “But, there are simple treatments that can be done that don't require fancy medical equipment.”

Rezak and about five other

4th AAB, 3rd Inf. Div., USD-C surgeons and physicians taught the Iraqi doctors valuable life-saving skills through lectures and hands-on stations during the two-day class.

Rezak, an Army Reserve Soldier who teaches surgery at Harvard University, said she

possibly learn from their experiences.”

The Iraqi doctors practiced critical skills like suturing, placement of chest tubes, management of airways, radiology and ultrasounds.

“We had a great turnout,” said Capt. Joseph Roarty, surgeon with 4th AAB, 3rd Inf. Div., USD-C and an instructor of the Iraqi trauma course. “They were very enthusiastic and appreciative of this training. Although violence has decreased (in Iraq) they deal with, on a daily basis, victims from not only violent attacks but also incidents like car accidents and it's very important for them to be able to handle these skills. We hope that this training helps them with their care for their patients.”

Roarty said he also hopes the Iraqi doctors take this knowledge and pass it on to the next generation of doctors.

“I think that's the best gift that we can give the country of Iraq,” Roarty said.

“Events like this, that bring physicians together and give them knowledge and skills they can build on and share with others is something ultimately **sustainable for them.”**

developed this course because she wanted to provide Iraqi doctors with the same knowledge as the students she teaches back home.

“I thought maybe we could do the same thing here,” she said. “Hold some courses and hopefully benefit their trauma patients, and at the same time,

“Our mission in Iraq is to help the future sustainability of the country, so I think that events like this, that bring physicians together and give them knowledge and skills they can build on and share with others is something ultimately sustainable for them. I'm personally dedicated to that.”



Capt. Amy Rezak (left), a surgeon with the 402nd Forward Surgical Team, 4th Advise and Assist Brigade, 3rd Infantry Division, United States Division Center, teaches suturing Jan. 27 during a two-day trauma care training course at Camp Ali, Iraq.

Iraqi Federal Police medics teach combined CLS course



Story and photos by Sgt. **Kimberly Johnson**, 196th MPAD, 25th Inf. Div., USD-C

BAGHDAD—Soldiers and Iraqi Federal Police officers conducted a three-day combined combat lifesaver course Jan. 18 at Joint Security Station Loyalty, Iraq.

The training, mostly taught by an IFP medic, provided students with instruction on how to apply tourniquets, open blocked airways, control bleeding and treat shock.

“They’ve stepped up and heard the call of their country in a time of need.”

“The Federal Police medics in the class have had a lot of training up until this point and they’re doing well,” said 1st Lt. Sam Lueras, a field medical assistant with Headquarters and Headquarters Battery, 1st Battalion, 7th Field Artillery Regiment, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division – Center and an Albuquerque, N.M., native. “We want to take what the previous unit—the 1st Advise and Assist Brigade, 3rd Infantry Division—did to help get the IFP medics established with systems in place, working as medics and

maintain that continuity with the Iraqis.”

Lueras said a combat medic is a force multiplier.

“It feels really good to be working with the Federal Police,” he said. “I got into this business to make the world a better place and to give something back to my country, to make a difference. And if I can leave these guys with a little bit of knowledge and ability so they can

continue to build and eventually turn around and teach the regular Federal Police officers skills, I’ve accomplished my mission.”

Lueras said although the Iraqi medics are already trained, the CLS course is a refresher and they can use those techniques to set a strong basis for learning more advanced medical tasks.

“This training is reinforcing those basic medical skills,” he said. “They’re going to complete these skills and make a difference out there on the battlefield.”

First Sgt. Hitham Udah Ganem, se-



Sgt. Kendrick Wright (left), a combat medic with Headquarters and Headquarters Battery, 1st Battalion, 7th Field Artillery Regiment, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division – Center and a Memphis, Tenn., native, instructs students Jan. 18 during a combined combat lifesaver course with the 1st Federal Police Division at Joint Security Station Loyalty, Iraq.

nior medic for 1st Federal Police Division, said currently there is a new aid station in construction and he has goals for the future of the IFP medics. He said any

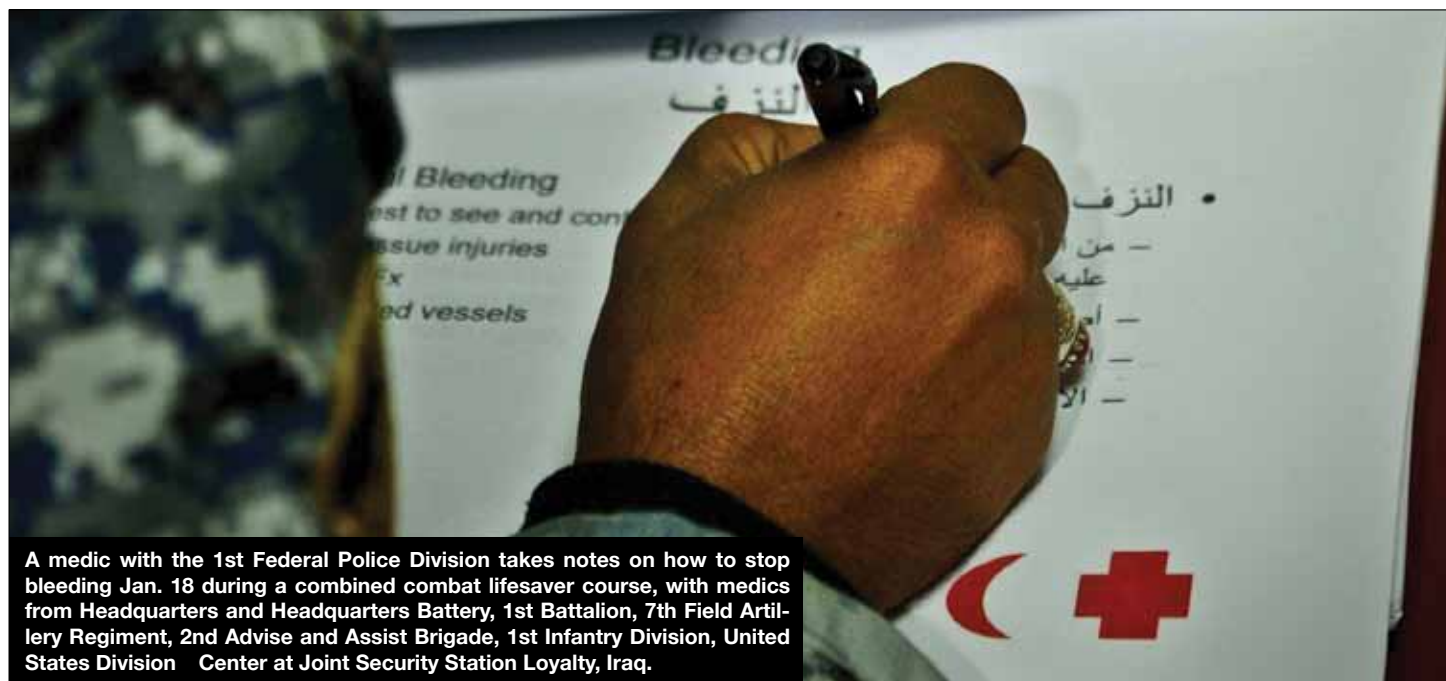
materials he has asked the Americans for, if they have it to give, they do.

“We want to care for every Soldier in every checkpoint, because of the current situations with explosions and snipers. I want the medics to be able to treat any injury, any wound and any bleeding,” Ganem said. “That’s my plan as the division medic. We are trying to gain 200-300 medics.”

Aside from the classroom learning, the instructors also try to instill a sense of duty in their students.

Ganem worked in civilian hospitals in Iraq before Operation Iraqi Freedom. He said after that, he felt it was his duty to join the IFP as a medic. He said there are more civilian medics than there are military or police medics, and this is his duty.

“They’re making sacrifices; they’re facing danger,” Lueras said about the Iraqi medics. “It’s a good feeling to know we all signed up to do great things for our countries and be a part of the greater good. They’ve stepped up and heard the call of their country in a time of need.”



A medic with the 1st Federal Police Division takes notes on how to stop bleeding Jan. 18 during a combined combat lifesaver course, with medics from Headquarters and Headquarters Battery, 1st Battalion, 7th Field Artillery Regiment, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division – Center at Joint Security Station Loyalty, Iraq.



JOSE A. TORRE

1989-2011

BAGHDAD—Once, while in garrison at Fort Riley, Kan., a Soldier with Company C, Special Troops Battalion, 2nd “Dagger” Advise and Assist Brigade, 1st Infantry Division received a pass allowing him to go home and see his ailing mother, but he lacked sufficient funds to buy a plane ticket.

Hearing about his friend’s dilemma, and without being asked, Spc. Jose A. Torre Jr., a combat engineer with Company C, 2nd AAB, 1st Inf. Div., paid for the ticket.

“I always admired his willingness to help out anyone, and if you ask anyone who has ever interacted with Torre, I would guess they have a few more stories about the size of his heart to help his battle buddies out, many times at his own personal cost,” said 1st Lt. Joshua Willis, Torre’s platoon leader with the Route Clearance Team attached to 1st Battalion, 7th Field Artillery Regiment, 2nd AAB, 1st Inf. Div., United States Division – Center.

Torre, known by his friends as a Soldier and person of great generosity, commitment, competence and passion, died Jan. 15 in Baghdad of wounds suffered when insurgents attacked his unit. He was 21 years old.

A memorial service in his honor was held Jan. 19 at Joint Security Station Loyalty in Baghdad. Leaders and Soldiers from around the “Dagger” Brigade and USD-C came to pay their respects.

Torre, a Garden Grove, Calif., native, enlisted in the Army in May 2008, and was on his second deployment with the “Dagger” Brigade when he was killed. He is survived by his parents, sister and brother.

Torre was a natural athlete and excelled at every sport he played, but he especially loved football. His passion for sports was so evident that his friends joked that if he was asked about any sport, even shuffleboard, that he’d have an opinion about who was the best. He became known as the man to go to for sports scores, statistics and news.

Torre’s passionate attitude carried over into his work as a combat engineer.

“He was smart, aggressive, and resilient,” said Capt. Phillip Denker, commander of Company C, STB, 2nd AAB. “He was never at a loss for words, and through his wit and charisma, could make a bad situation a little bit better.”

First Sgt. Jason Miller, first sergeant of Company C, STB, 2nd AAB, said he was aware of Torre’s uniquely generous spirit from an incident that occurred back at Fort Riley.

“It’s kind of funny, really,” he said. “My daughter came to my work one day—she was selling Girl Scout cookies—and I told her, ‘You can’t tell anyone who your daddy is. You can sell your cookies but you can’t let them know.’ So I went off on some other business, and came back wondering where she was. Turns out Torre had set up a table in back and was helping her sell her cookies. I was like, ‘This kid’s all right.’ He was a really special guy.”

He stood out among his peers for his knowledge of his craft and his dedication to making himself and those around him better.

Willis recalled that during training at the Joint Readiness Training Center at Fort Polk, La., in preparation for this deployment to Iraq, Torre was assigned to a quick reaction force, which is held in reserve in the event of an emergency.

“Normally that’s where Soldiers go to hide out,” Willis said.

Torre, though, made the most of the situation, mastering every aspect of being on a QRF and turning his team into a well-drilled unit that responded well to a simulated attack.

“When I met Torre for the first time in January 2010, the first thing I thought was, ‘Man, this guy really knows his stuff,’” said Spc. Benjamin Cochran, a combat engineer with Company C, STB, 2nd AAB. “If I ever had a question, he was the first person I came to.”

Torre was seen by everyone who knew him as someone who could be counted on when the chips are down.

“I knew from spending time with him, that I could

put my life in this man’s hands,” Denker said.

Willis agreed, and said he regarded Torre as a fighter, and a person who wouldn’t back down from anything, especially when it came to defending his battle buddies.

“He took the same attitude to the fight (in Iraq),” he said. “He never backed down from wanting to go on patrol. I always felt good knowing in the back of my mind that he had my back. I believe he instilled that warrior spirit in all those he served with.”

“Torre was the greatest friend anyone could ever ask for. He was smart, caring and the most generous guy I ever knew,” Cochran said. “I truly feel lucky to have known him.”

At the memorial service, Denker read John McCrae’s famous poem from World War I, “In Flanders fields,” which reads in part:

*We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*

Willis said he and his platoon would carry Torre’s legacy with them for the rest of their lives.

“I realized that even though the enemy would take glory in thinking he took Spc. Torre’s life, those feelings would be in vain,” he said. “I saw the influence he had on my life in the short time that I knew him and the influence he had on the platoon. I also saw that the influence would not go away, and even though he gave his life, his spirit will not be taken from his brothers-in-arms.”

USD-C Soldiers gather for prayer luncheon

Story and photo by
Capt. Jacqueline Ralston
2nd AAB, 1st Inf. Div., USD-C

BAGHDAD—Recently, Americans honored the legacy of Martin Luther King Jr., a man who preached of hope, dreams and faith. In keeping with King's message, Soldiers with the 299th Brigade Support Battalion, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division – Center hosted a battalion prayer luncheon Jan. 22, focused on faith and reaching one's dreams.

Soldiers and leaders with the battalion gathered at the Engineer Chapel at Camp Liberty, Iraq, to talk, pray and find inspiration to maintain faith in their professional and personal lives.

Throughout the luncheon, Soldiers enjoyed food, fellowship and music provided by the Gospel Service Choir.

"The choir got everyone up and moving around, clapping to the beat of the songs," said Pfc. Leanna M. Cox, with the 299th BSB, 2nd AAB, 1st Inf. Div. and a Vincent, Ohio, native.

"The music reminded me of home," she said. "I associate music with moods and when the choir played happy, upbeat songs, I too felt happy and refreshed."

Lt. Col. Dale Farrand, commander of the 299th BSB, 2nd AAB, 1st Inf. Div. and a Billings, Mont., native, spoke at



Capt. Kemetta Gary (fourth from left), with the 299th Brigade Support Battalion, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division – Center and an Atlanta native, sings a solo Jan. 22 as the other members of the Gospel Service Choir provide backup vocals during a battalion prayer luncheon at the Engineer Chapel at Camp Liberty, Iraq.

the luncheon. Farrand cited Vice Adm. James B. Stockdale, a Medal of Honor recipient and former prisoner of war in Vietnam, as a prime role model because he retained faith in spite of tremendous adversity.

"I never lost faith in the end of the story," Farrand said, quoting Stockdale. "I never doubted, not only that I would get out, but also that I would prevail in the end and turn the experience into the defining event of my life."

Farrand said that unwavering faith is what makes Stockdale a role model for service members.

"Vice Adm. Stockdale's faith was so strong that he did not make false prom-

ises to himself about when he would be released," Farrand said. "He simply knew he would prevail."

Farrand asked those attending the luncheon to have faith, to go a step further and to make a difference in their own lives, the lives of their peers, subordinates and Families.

Capt. Diana Crane, chaplain with the 299th BSB, 2nd AAB, 1st Inf. Div. and a Portland, Ore., native, provided individuals with a spiritual perspective of faith and dreams.

Crane said at times, individuals allow fears, both small and large, to hinder their faith and prevent them from achieving their dreams.

"Nothing can separate us from the love that God has for us," she said. "We are more than conquerors when we remember that God is with us. Whatever dreams you have, whatever goals you are working toward, do not let fear get in the way. No fear can separate you from the love that makes you a conqueror."

Cox said she enjoyed the luncheon and plans to attend more in the future.

"I thought it was a good way to come together, not as Soldiers, non commissioned officers and officers, but as an Army Family," she said. "Everyone came together and was there for the same reason—spiritual guidance." ♥

Griffin Battalion chaplain visits JSS Loyalty



Photo courtesy of 2nd AAB, 1st Inf. Div., USD-C

Capt. Jason Palmer (center), chaplain with Special Troops Battalion, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division – Center and a High Springs, Fla., native, leads a prayer circle at Joint Security Station Loyalty.

Soldiers with Company C, 1st Battalion, 63rd Armor Regiment, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division Center played 5.56 millimeter poker Jan. 8 at Joint Security Station Muthana, Iraq. The Soldiers had 15 rounds to engage playing card targets with their M-4 carbines, and make the best hand possible.



SHOOTING STRAIGHT

STORY AND PHOTOS BY **2ND LT. DOUGLAS BENGAL**, 2ND AAB, 1ST INF. DIV., USD-C

BAGHDAD—The rise of the midmorning sun was accompanied by the sharp crack of small-arms fire ripping through the air Jan. 8, as the mortar platoon attached to Company C “Chaos,” 1st Battalion, 63rd Armor Regiment, 2nd Advise and Assist Brigade, 1st Infantry Division, United States Division – Center honed their shooting skills.

On an Iraqi range at Joint Security Station Muthana, Soldiers zeroed their weapons in preparation for the day’s training, ensuring their rounds impacted exactly where they were aimed.

With zeroing complete, the platoon began short-range marksmanship training. Daily practice paid off, as the Soldiers completed “ready-up” drills from different firing stances and while practicing tactical reloads.

After the static portion of firing, Soldiers engaged targets while moving as a group and from the kneeling position. Their target was a piece of paper attached to the center of a green silhouette. Simulating the disabling zone

of a target, shooters were informed that only hits on the paper counted.

Staff Sgt. Larry Hornbaker, with Company C, 1st Bn., 63rd Armor Regt., 2nd AAB, said there are multiple benefits of using the paper for short-range marksmanship. First, as the paper visibly perforated, it gave shooters immediate feedback as their rounds connected with their target. In turn, it places emphasis on accuracy, ensuring shooters do not just fire swiftly, but with control and composure.

“It’s good training and it’s really fun,” said Pfc. Timothy Gresham, with Company C, 1st Bn., 63rd Armor Regt., 2nd AAB and a Glendale, Calif., native.

The second component of the mortar platoon’s range was precision marksmanship—with a unique twist. “Chaos” Soldiers competed against one another, not only in terms of accuracy, but hands of cards.

Two at a time, each with their own target deck of 2

1/2-by-3 1/2-inch playing cards, Soldiers played poker with 15 rounds and three hands. Each card could be shot, and thereby included in a hand, only once. The drill required shooters to exercise target identification, memorization, an element of gamesmanship, as well as fundamentals of marksmanship.

Aside from bragging rights, the competition also offered a lucrative prize. The platoon leader would cover the top shooter’s eight-hour guard shift. Armed with that thought and their M-4 carbines, shooters took careful aim downrange.

Three brackets later, Pvt. Daniel Longsdorf, with Company C, 1st Bn., 63rd Armor Regt., 2nd AAB and a Kansas City, Mo., native, placed his final rounds into a 10, jack, queen, king and ace of the same suit. It was a hand that his opponent was unable to beat.

“Becoming a better marksman, one royal flush at a time,” Longsdorf said. “That’s what it’s all about.” ♠



Pvt. Tyler Lacruze (left), with a Fernley, Nev., native, places a controlled pair of rounds on target Jan. 8 at a range at Joint Security Station Muthana, Iraq.



Staff Sgt. Larry Hornbaker (left), a Warner Robins, Ga., native, supervises Soldiers on a short-range marksmanship range Jan. 8 at Joint Security Station Muthana, Iraq.

FITNESS CORNER

Total Body Week

Training for a Race

Admit it: You've always admired the dedicated men and women you see huffing around the streets, training for their next 5 kilometer race or marathon. You've laced up your tennis shoes and started jogging a bit, in hopes that you could be the one to bring home a T-shirt commemorating your completion of a race.

Here's the good news. Taking part in a race can be a great way to encourage your enthusiasm for running and add a little competitiveness to your workout. And whether you're eyeing a 5K, 10K or the Army Ten-miler, one thing is for sure — the right kind of training can help you run your farthest and your fastest.

Training for a race can be initially intimidating. Nervous? Excited? Don't know where to start training? Training for a race should be no different than preparing for any other big occasion in your life. It is important to prepare physically and mentally to perform at your peak during the event. A key element of preparing effectively is aspiring to do your best at all times. Clearly, your athletic prowess before the race—as well as the difficulty of the race itself, figure into how much training you'll need and how you should go about training. Here are a few tips to keep in mind to make your initial race (or next race) fun, injury-free and an overall success.

1. Pick a race

You must first clearly identify the race you want to compete in. VictoryBaseComplex offers numerous opportunities to participate in 5K or even longer races, if you choose. Write down the date on your calendar, display post-it notes by your desk, nightstand and other frequently visited places, to remind you of your goal. By identifying your race you have set parameters to work with; a date and time to work toward your goal.

2. Proper shoes

Running with proper shoes is just as important as your training program. You should have about a thumbnail's length between your longest toe and the end of your shoe. Without this much space, you are susceptible to damaging your toe nails and other injuries. Try to replace your running shoes every 350 to 500 miles because they lose shock absorption and other protective qualities with use. Each person's feet are different — some have flat feet, some a high arch, some pronated feet. And each type of foot requires a slightly different shoe for maximum support. The correct shoe can dramatically decrease your risk for injury.

3. Cross-train

Whether you're training for a 5K or a marathon, do not limit your training solely to running. Running puts a lot of biomechanical stress on your body, which can sometimes do more harm than good. You don't just need strong legs to run, you need a strong cardiovascular system, you need core strength — you need overall strength. Cross-training is an important way to achieve diversity within your fitness routine and develop overall strength. Aim to add in cross-training workouts three times a week in addition to your running routine. (Check out this week's exercises for a total body routine.)

4. Prepare mentally

People often underestimate the mental side of a race. Try to visualize success. If you can imagine the way your mind and body feels as you run across the finish line, then your goals becomes easier to achieve in reality. Remain positive. Concentrating on the positive objectives you are going to achieve will help you perform better. Don't dwell on negative thoughts. Don't expect that you will be the first runner to cross the finish line — set realistic goals and visualize them.

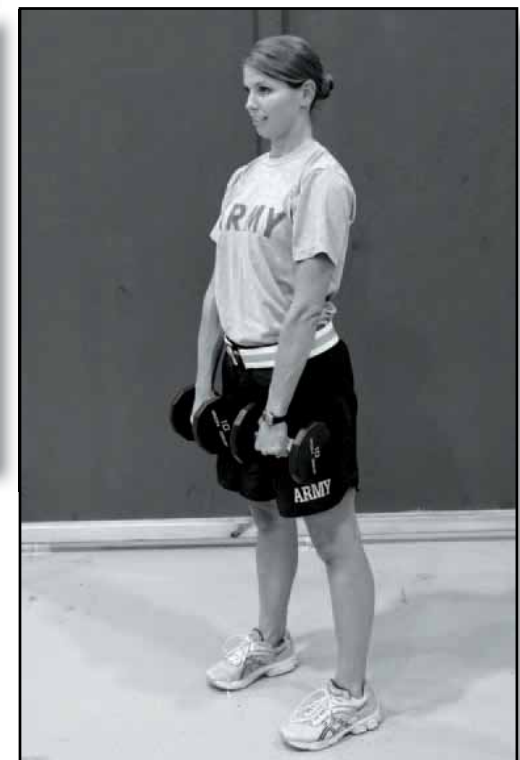
Congratulations. You are now on your way to the starting line and much closer to achieving your goal. Good luck for with your race and most of all have fun.

Lunge with overhead press



Start with your feet about shoulder width apart, with one dumbbell in each hand. Step backward with your left leg and lower your body down until your right knee is 90 degrees with the ground. Your knee should be in a straight line with your ankle. As you stand up and bring your left foot forward, extend the dumbbells overhead (similar to a military press). Repeat the exercise on the opposite leg, this counts as one repetition. Perform three sets of 10 repetitions.

Straight-legged dead lift with row



Begin with your feet shoulder width apart, with one dumbbell in each hand in front of your body. Bend at your waist, sticking your butt out first, keeping your back flat. Hold the dumbbells in front of your body near your shins as you lower downward. Do not bend lower than your back parallel to the ground. While bent over, perform a rowing motion by bending your arms toward your sides then pinching your shoulder blades together, hold for one second. Extend your arms downward and then extend your upper body upward keeping your legs straight. Perform three sets of 20 repetitions.

Calf raises with overhead triceps extension



Start with your legs about shoulder width apart; keep your toes pointed forward. Hold with both hands one dumbbell behind your head, keeping your biceps near your ears. Elevate onto your toes to perform a calf raise, while simultaneously extending your arms overhead, lifting the dumbbell overhead. Remember to keep your elbows inward. Perform three sets of 20 repetitions.

Capt. Sarah Baumgardner is a graduate of Ohio University in Athens, Ohio, where she majored in exercise physiology. She is certified by the American College of Sports Medicine (ACSM) as a Health Fitness Specialist (HFS).

She has worked as a personal trainer and nutritional consultant, training a wide range of demographics. She brings enthusiasm and motivation to inspiring, coaching and increasing Soldiers' fitness levels.



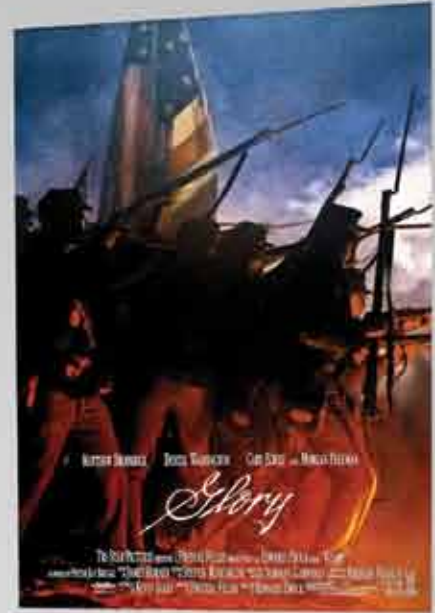
IN CELEBRATION OF **BLACK HISTORY MONTH**

A MOVIE WILL BE SHOWN AT 7 P.M. EVERY THURSDAY
AT THE CAMP LIBERTY MWR.

FEB. 3



FEB. 10



FEB. 17



FEB. 24



IN ADDITION, A BLACK HISTORY MONTH OBSERVANCE WILL BE HELD AT 10:30 A.M. FEB. 23
AT THE CAMP LIBERTY CHAPEL.